IN THE CLAIMS:

Please enter the following cancellations, amendments and/or additions.

Claims 1-10. (Cancelled).

Claim 11. (New) A method for producing *in vivo* antioxidation in a living subject which comprises at least the following steps:

(A) producing fermented milk by a process consisting essentially of the steps of:

(1) preparing a mixed solution of milk and sugar with *Lactobacillus plantarum* ATCC 14431 cells having Mn-catalase activity,

(2) fermenting the milk/sugar/bacteria cell solution with a powdered tea obtained from a manganese-containing tea,

wherein the powdered tea is provided in an amount such that about $5x10^8$ to $5x10^{10}$ bacteria cells are present for 2 to 4 g of the powdered tea based on 1 liter of milk,

wherein the fermenting is at 35-37°C for 12-72 hours to provide a fermented milk product; and optionally,

(3) adding a sweetener, a fruit flesh, an inorganic electrolyte, a vitamin and/or a flavor to the fermented milk product;

(B) feeding the fermented milk of step (A) to the living subject,

(C) producing superoxide dismutase activity and catalase activity in the living subject, and

(D) eliminating superoxide and hydrogen peroxide in said living subject so as to effect *in vivo* antioxidation in said living subject.

Claim 12. (New) A method for producing *in vivo* antioxidation in a living subject which comprises at least the following steps:

(A) producing fermented milk by a process comprising the steps of:

(1) preparing a mixed solution of milk and sugar with *Lactobacillus plantarum* ATCC 14431 cells having Mn-catalase activity,

(2) fermenting the milk/sugar/bacteria cell solution with a powdered tea obtained from a manganese-containing tea,

wherein the powdered tea is provided in an amount such that about $5x10^8$ to $5x10^{10}$ bacteria cells are present for 2 to 4 g of the powdered tea based on 1 liter of milk,

wherein the fermenting is at 35-37ºC for 12-72 hours to provide a fermented milk product;

(B) feeding the fermented milk of step (A) to the living subject,

(C) expressing superoxide dismutase activity and catalase activity in the living subject, and

(D) eliminating superoxide and hydrogen peroxide in said living subject so as to effect *in vivo* antioxidation in said living subject.

Claim 13. (New) A method for producing *in vivo* antioxidation in a living subject which comprises at least the following steps:

(A) producing a beverage by a process consisting essentially of the steps of:

(1) preparing a mixed solution of milk and sugar with *Lactobacillus plantarum* ATCC 14431 cells having Mn-catalase activity,

(2) fermenting the milk/sugar/bacteria cell solution with a powdered tea obtained from a manganese-containing tea,

wherein the powdered tea is provided in an amount such that about $5x10^8$ to $5x10^{10}$ bacteria cells are present for 2 to 4 g of the powdered tea based on 1 liter of milk,

wherein the fermenting is at 37ºC for 18 hours to provide a fermented milk product solution;

(3) diluting the fermented solution with water and/or orange juice, and adding a stabilizer; and fermenting the milk/sugar/bacteria cell,

(4) adding a flavor to the diluted fermented solution to give a liquid yogurt lactic acid bacteria beverage;

(B) feeding the beverage of step (A) to the living subject,

(C) expressing superoxide dismutase activity and catalase activity in the living subject, and

(D) eliminating superoxide and hydrogen peroxide in said living subject so as to effect *in vivo* antioxidation in said living subject.